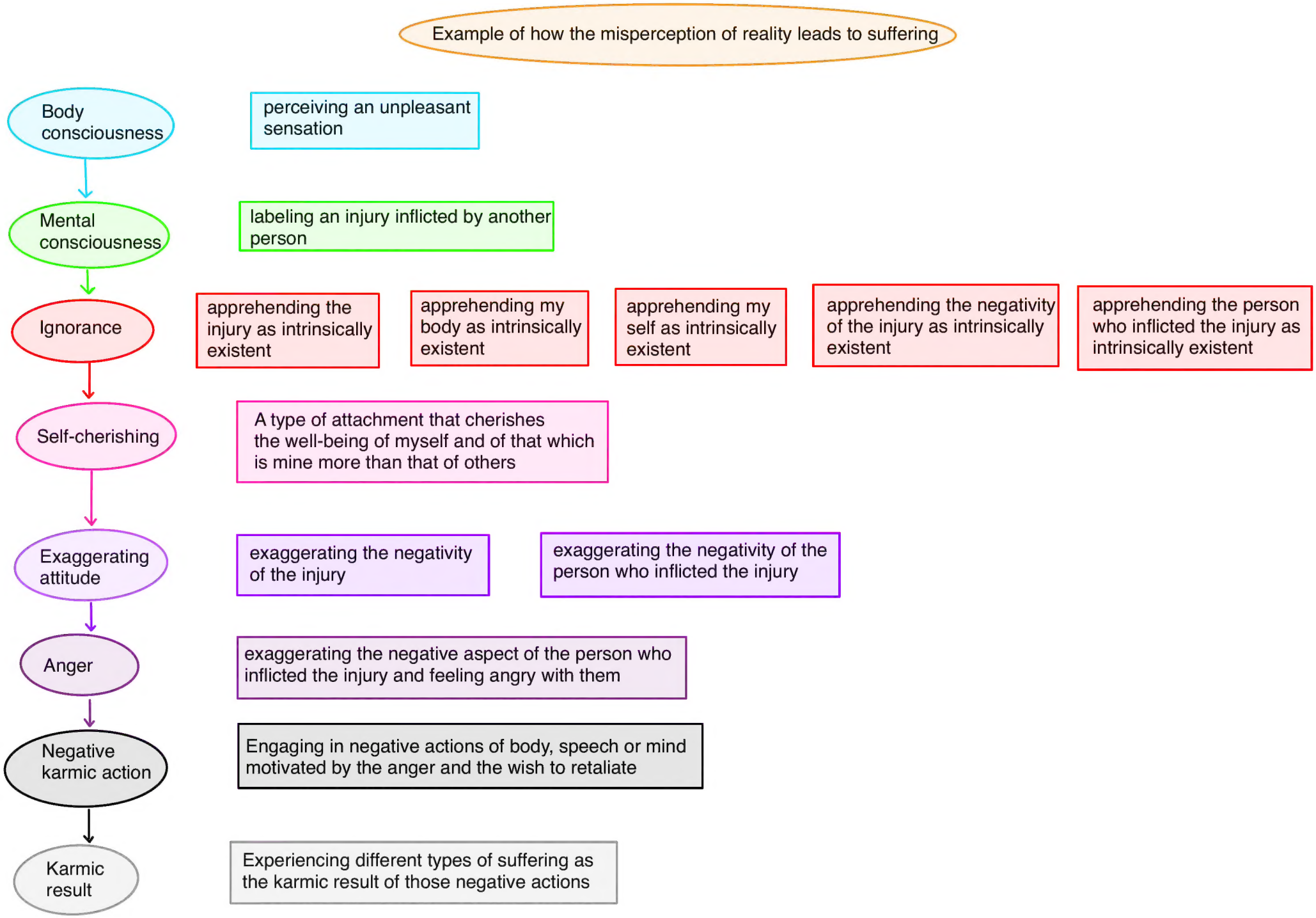
Example of how the misperception of reality leads to suffering
Body consciousness
perceiving an unpleasant sensation
Mental consciousness
labeling an injury inflicted by another person
Ignorance
apprehending the injury as intrinsically existent
apprehending my body as intrinsically existent
apprehending my self as intrinsically existent
apprehending the negativity of the injury as intrinsically existent
apprehending the person who inflicted the injury as intrinsically existent
Self-cherishing
A type of attachment that cherishes the well-being of myself and of that which is mine more than that of others
Exaggerating attitude
exaggerating the negativity of the injury
exaggerating the negativity of the person who inflicted the injury
Anger
exaggerating the negative aspect of the person who inflicted the injury and feeling angry with them
Negative karmic action
Engaging in negative actions of body, speech or mind motivated by the anger and the wish to retaliate
Karmic result
Experiencing different types of suffering as the karmic result of those negative actions